

## Woodbridge Joins the Sustainable CT Program

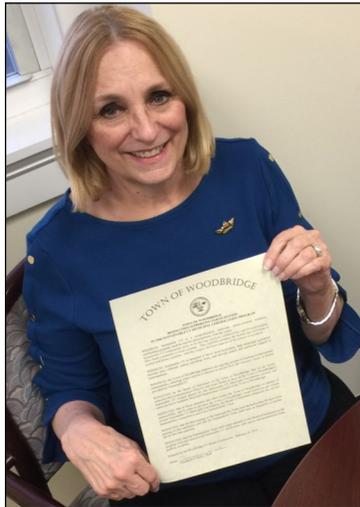
As your First Selectman, I'm happy to report that at its February 14 meeting the Board of Selectmen voted unanimously to join a program called *Sustainable CT*. This is a new and exciting statewide initiative, created by towns – for towns, to recognize thriving and resilient Connecticut municipalities.

By joining the *Sustainable CT* program, Woodbridge will have access to a detailed menu of best practices, tools, resources and peer learning opportunities.

Through participation in the program, grant opportunities will become available, and we will aim to bring in funding to assist with new sustainability initiatives. Future actions we may pursue include further reducing energy use, supporting arts and creative culture, improving recycling programs, assessing climate vulnerability, and supporting the local business community.

I am thrilled that Woodbridge will have the opportunity to be recognized statewide for our ongoing efforts to be a sustainable community – as well as being a great place to live.

This program will help us build on the many current success stories we have created over the years – from our



Beth Heller displays the Selectmen's resolution

unique Fuel Cell and MicroGrid project, our connections with the West River Watershed Coalition's watershed management plan, our long-standing commitment to lease Town-owned fields to local farmers, and our recent efforts to promote solar energy use by residents and municipal buildings.

*Sustainable CT* is also designed to encourage sustainability projects in various categories, with points awarded for each action taken. Credit for recently enacted programs looking back up to ten years is also available. Participating municipalities become eligible for *Sustainable CT* certification at the Bronze or Silver level.

Lynn Stoddard, Director of the Institute for Sustainable Energy, which helped to develop the program, welcomed Woodbridge upon

hearing of our Board of Selectmen's resolution. She said, "We are looking forward to working with the Town of Woodbridge as they pursue *Sustainable CT* certification. There is no cost to participate and communities will voluntarily select actions that meet their unique, local character and long-term vision." You can learn more about the program by visiting: [SustainableCT.org](http://SustainableCT.org)

—First Selectman Beth Heller

**Sat., Mar. 3, is the 19<sup>th</sup> Annual Snowflake Dance & Auction benefitting the Woodbridge Volunteer Fire Association. Event Location Change: The new location is the JCC of Greater New Haven. For details visit: [WoodbridgeFire.com](http://WoodbridgeFire.com)**

## This is Only a Test!

All Woodbridge residents should receive a phone call this month through the Town's reverse 9-1-1 system. The call (or text, TTY, and/or email) will be the first of two that residents will receive over the course of the year.

"It is important that we warn our residents of weather emergencies and other situations," said First Selectman Beth Heller. "I would like to thank our Police Department for being proactive and testing this important communication tool."  
"In an emergency we want to reach

residents and be confident and comfortable using the technology we have," said Police Chief Frank Cappiello.

The message will be clearly labeled a test and it will encourage residents to use [CTAlert.gov](http://CTAlert.gov) to update their contact preferences. Residents without a landline may not receive a message unless they have used [CTAlert.gov](http://CTAlert.gov) to include their cell phone number. Residents may also include an email address and TTY information.

For non emergencies, call 203-387-2511.

## Save the Date!

Rid Litter Day is April 22 (Earth Day).

Help us keep Woodbridge beautiful.

Stay tuned for details.



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## Smoke and CO Detectors



When changing clocks for Daylight Savings Time on March 11, be sure to change the batteries in smoke and carbon monoxide (CO) detectors. Age matters when it comes to these detectors. Below are some tips:

- Remove alarms from the wall or ceiling to check the manufacture date on the back of the alarms.
- Replace smoke alarms 10 years from the date of manufacture.
- Replace CO detectors 5 years from the date of manufacture.
- Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may

need more alarms. For the best protection, be sure all smoke alarms are interconnected. When one sounds, they all sound.

- Test alarms at least once a month by pushing the test button and replace if they do not sound when tested.
- A closed door may slow the spread of smoke, heat and fire.
- Some people, especially children and older adults, may need help to wake up. Make sure someone will wake them if the smoke alarm sounds.
- Should the smoke alarm sound, get outside and stay outside. Go to your outside meeting place.
- Call 9-1-1 from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back into your home.

For more information on obtaining alarms and where to place them, please contact the Fire Marshal's office at 203-389-3445. For more safety tips and event information, visit woodbridgefire.com and facebook.com/WoodbridgeFire.

## Bulk Pickup

The Department of Public Works will begin Bulk Pickup by appointment only beginning March through May. Scheduled pickups will take place each Tuesday between the hours of 7:30 am - 3:30 pm.

Appointments may be scheduled through the Public Works' Office by calling 203-389-3420. Residents are asked to use this service one time per year to allow for everyone to take advantage of this program.

A list of items to be placed

curbside will need to be provided. Items should be large household items that cannot fit in the trunk of a car such as: large furniture items, wash machines, dryers, gas grills, lawn mowers, carpeting, bed frames and the like.

Bulk Pickup is a service to Woodbridge residents during the months of March, April, May, October and November. Please call the Department of Public Works with any questions, 203-389-3420.

Regular Library hours are Mon. through Thu., 10 am - 8 pm and Fri. & Sat., 10am - 5 pm.  
Visit the library website 24/7 to access digital resources - [www.woodbridge.lioninc.org](http://www.woodbridge.lioninc.org).

## Peeps in the Library are Back!

Join us for the fourth annual Peeps in the Library Contest at the Woodbridge Town Library. This contest is open to all ages and you may enter individually or work in a team. Registration begins on Mon., March 5 and continues through Fri., March 23. Please register in person at the Information Desk to receive a pack of Peeps and the contest rules to get started.

Participants are challenged to make a diorama of a scene from their favorite book or movie using Peeps as characters. Completed dioramas will be

accepted during library hours between Mon., March 26 and Sat., March 31. The dioramas will be on display from April 2 until April 27.

Library patrons will have the opportunity to vote on their favorites until April 20 and winners will be announced on April 24. There will be three prize categories: Adult, Teen, and Family.

Please visit the Information Desk to register.



### Thursday Night Film Screenings at 7 pm

March 1: *Three Billboards Outside Ebbing, Missouri*  
March 8: *Ladybird*

March 15: *Greatest Showman*  
March 22: *Darkest Hour*  
March 29: *Shape of Water*

## One Book, One Town Title Announced

The Woodbridge Town Library has chosen *The Boys in the Boat* by Daniel James Brown as the 2018 One Book, One Town read.

The book chronicles the 1936 Olympic crew from the University of Washington that won the gold medal in Berlin against overwhelming odds. It has been described as “Chariots of Fire with oars,” and was on the *New York Times* bestseller’s list for 117 weeks.

Starting March 15, we will have multiple copies of the book available for checkout at the library Circulation Desk.

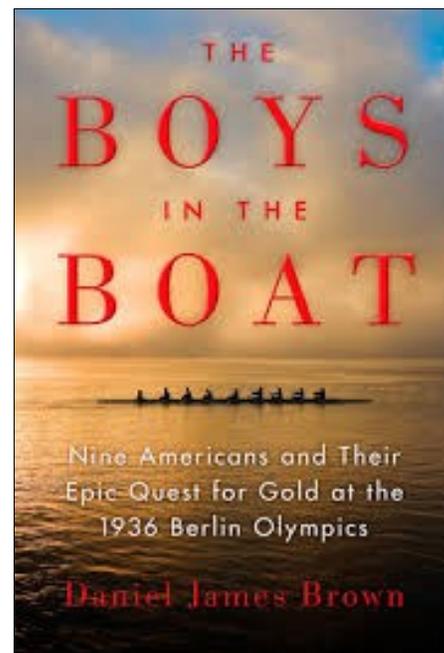
A central figure in the book is the boatbuilder George Pocock, arguably the most influential man in crew racing in the last hundred years.

On Mon., April 19 at 7 pm, George Pocock’s great-nephew Jim Pocock will speak at the library on “The Boys in the Boat – the Rest of the Story” about his personal memories of his great uncle, as well as his grandfather Dick who built boats exclusively for Yale for 46 years.

He will include many interesting stories not included in the book, and fill in some colorful background on others. Please save the date for this exciting presentation. Registration is required. Please call 203-389-3433 or register online.

*Save the date—take part in upcoming events featuring different themes from the book:*

- April 5 at 7 pm: Screening of the PBS Documentary of *The Boys of 86*.
- April 16 at 7 pm “The Boys in the Boat - The Rest of the Story” with Jim Pocock.
- April 17 at 7 pm: Depression Era Food cooking demonstration with Robin Glowa, The Conscious Cook.
- April 20 at 7 pm: Bedlam Brothers String Band will perform tunes from the 20s and 30s. Refreshments will be



served.

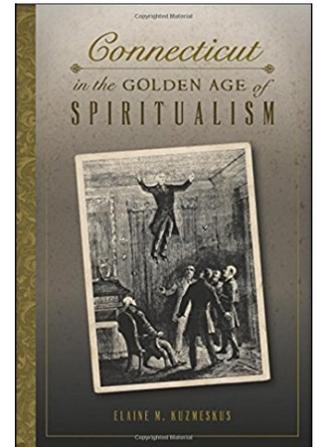
- April 30 at 7 pm: Book Discussion with Dr. Mark Schenker, Associate Dean of Yale College.

## Author Visit with Elaine Kuzmeskus

Join Elaine Kuzmeskus on Tue., March 20 at 7 pm as she talks about her book *Connecticut in the Golden Age of Spiritualism*. A Spiritualist medium certified by the National Association of Spiritualist Churches, Elaine was born with the gift of clairvoyance and mediumship. In the aftermath of the Civil War, distraught Connecticut residents turned to Spiritualism as a means of connecting with their lost loved ones.

Daniel Dunglas of New London held his first public séance as a teenager in 1851. Famous Litchfield native Harriet Beecher Stowe and her husband, Calvin, were believers, and Harriet's sister Isabella Beecher Hooker practiced mediumship.

After the death of their son Willie, President Abraham Lincoln and the first lady invited Hartford medium Nettie Colburn Maynard to conduct secret séances at the White House. Even today, believers congregate at the Pine Grove Spiritualist Camp. Elaine Kuzmeskus investigates this dramatic, mystical history of Spiritualism in our state. Plus she will conduct readings for several attendees.



## March Adult Events

Please register for these events online at [www.woodbridge.lioninc.org](http://www.woodbridge.lioninc.org) or by phone at 203-389-3433.

### March 6 at 7 pm: Grounded

Goodwife presents a hands-on workshop, making and sampling Great-Granny MacWilliams' Spring Tonic. Space is limited to 25 participants.

### March 19 at 7 pm: Craft Night

Welcome spring with a seasonal craft! Details to be announced—please stop in the library or visit our website. (Teens

and tweens welcome.)

### March 21 at 7 pm: The Softer Side of Celtic Concert—stories and songs with Jeff Snow

Much of the history of Scotland, England and Ireland is preserved in song. Growing up as the son of a drummer in a Bagpipe band and in a home where older Celtic songs were the everyday sounds, Jeff developed a love for this music. The magical sounds from the instruments coupled with vocals and Jeff's love and knowledge of his

Scottish heritage create a delightful program of traditional and original tunes and songs.

### March 26 at 7 pm: Korean Spirit & Culture Promotion Project—Hidden Wonders of Korea film screening and desserts. Rescheduled from Feb. 7.

March 28 at 6 pm: Massaro Farm at the Library—Eating with the Seasons Potluck Supper and discussion on seasonal eating, led by Meg Fama of Farm Belly Food Truck.

## Children's Events

### Crazy 8's Math Club

#### March 10, 2-3 pm

Come use math to build a pyramid like the ones in ancient Egypt—but with cardboard boxes as bricks! Kids in grades K-2 can register online or at the Children's Desk.

### Series Club

#### March 15, 6:30 pm

Join us to discuss *March Mischief*, a book in the Calendar Mysteries series by Ron Roy. We'll also have activities and a snack! Kids in grades 2-3 can register at the Children's Desk.

### Monster Mania

#### March 24, 3pm

Join us to read monster books, eat snacks, and have a Play-Doh monster-making session. Space is limited and online registration is required.

## Ongoing Children's Events

### Babies (0-18 months) Wednesdays, 10:30-11 am

Join us for songs and rhymes, fun for little ones.

### Storycraft (Ages 3-5) Saturdays, 11-11:30 am

Join us for a literature based program and art project!

### Storycraft (Grades K-3) Mondays, 6:30-7:15 pm (excludes the last Monday of the month)

Join us for a story or two followed by a mixed media craft.

### Ready to Read (18-36 months) Thursdays, 10:30-11 am

Find out how talking, singing and reading build vocabulary and a love of books!

### Eager Readers Book Group (Grades K-2)

#### Meets last Monday of every month, 6:30 pm

Stop by the Children's Desk to pick up a copy of this month's book selection. Read the book at home and then stop by for a book discussion and craft.

## From the Director

**Volunteer Opportunities at the Woodbridge Center** – The Woodbridge Center seeks volunteers to coordinate and assist in the planning and execution of the annual Holiday Fair. If you are looking for a community service opportunity this annual event needs your attention!

Other volunteer opportunities exist with the lunch program and to help with programming needs in the Center. Contact us with your availability!

-Jeanette Glicksman  
jglicksman@woodbridgect.org

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.”

-Audrey Hepburn

## Coffee at 10 - Lecture Series

*A bit of breakfast and a bit of knowledge*

**March 28: Gardening Wisely** with the Garden Club of Woodbridge

**April 25 Genealogy Methodology** with Sheila McCreven and Mary Ellen Lucuk

Please register for programs by calling 203-389-3430.

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. Cost is \$3 for dine-in meals, \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert.

- 3/2 **Chinese New Year!** Dumpling demonstration, eggplant with garlic sauce, lo mein noodles
- 3/6 Stuffed red peppers, potato, and veg.
- 3/9 Spinach alfredo and salad
- 3/13 **St. Patrick's Day!** Traditional corned beef, cabbage, potato - \$6
- 3/16 Tuna or egg salad sandwiches and vegetable soup
- 3/20 Chicken pot pie and salad
- 3/23 Baked, stuffed tilapia and Manhattan clam chowder
- 3/27 Meatloaf with potato and vegetable

## Special Programming

*Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridgect.org*

the JCC of Greater New Haven from 11 am - 2 pm. Buy your tickets today. \$12 for lunch, entertainment and transportation! **RSVP deadline is March 2.**



**Mardi Gras at the Center!**

**March 2: Chinese New Year Celebration!** Celebrate the Year of the Dog with a dumpling cooking demonstration with Tina Yao and guest speaker Nancy Yao Maasbach. Demonstration begins 12 pm with lunch at 12:15 pm. Reservations are requested.

**March 4: Trip!** AAC Women's Basketball Semi-Finals at Mohegan Sun Arena.

**March 6: National Consumer Protection Week Event!** Senior Scams and Safety presented by the Valley Senior Services Council with speaker Tracey Parks, Coordinator of Community Education & Training at BH Care.

**March 13:** 12:15 pm **Annual St. Patrick's Day** luncheon with entertainment by Pierce Campbell. Traditional corned beef lunch, \$6. RSVP required by March 5.

**March 14: March Madness Dance** sponsored by New England Young at Heart (and Coachman Square) at

**March 14: 10-11 am Living Well with Diabetes or Prediabetes** program in Center lounge. Mary Swansiger, BSN, MPH, Certified Diabetes Educator from Griffin Hospital's Community Outreach and Parish Nursing Dept. will discuss symptoms, risk factors, prevention and treatment. A multi-week, self-management program or prevention program will be offered following the information session.

**March 20: Intergenerational Program with Beecher Road School Student Council** members begins at 11 am. Includes lunch with students.

**March 27: Lunch entertainment** with Larry Batter, 12:30 pm. Lunch served 12:15 pm. RSVP.

**March 30: Center closed**– Good Friday.

**April 3: Audiology lunch program** with Dr. Zelda Shleifer, Au.D., CCC-A, 12:15-12:45 pm. Audiology Screenings 11 am -12:15 pm and 12:45-2:30 pm **by appointment.**

# Woodbridge Center News

## Ongoing Programming

**Pickleball:** Meets Fridays in the Center Gym for group play, 12:30-3:30 pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool and drop in Mon. through Thu., 12:30-2:15 pm. Annual membership is \$20 with a suggested \$5 additional donation. Equipment is available on a first come, first served basis.

**Exercise with Laurie:** Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tue. and Thu., 10-11 am. No need to sign up—just pay a drop in fee of \$2 and stay for a great workout!

**Book Club:** The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is March 27. This month's book is *Love and Other Consolation Prizes* by Jamie Ford. New members are always welcome.

**Art Class:** New class begins March 7 and meets each Wed. for ten weeks, 10 am - 12 pm, in the Center Café. The class is taught by local artist Graham Dale. Registration and \$60 payment are required for this class. A month-long art exhibit of class members' work will hang at the Woodbridge Library during the month of May.

**Friday Movies:** Following lunch in the Center lounge at 1 pm: 3/2 *Breathe*, 3/9 *Lady Bird*, 3/16 *The Greatest Showman*, 3/23 *Darkest Hour*, **Favorite Film Friday** 3/30 *Easter Parade*



**Ask the Nurse:** 1st and 3rd Tuesday of the month, 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

**Duplicate Bridge:** Mondays, 9:30 am, Center Café.

**Bridge:** The Center's Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary—just come down to the Center lounge at 1 pm.

**Pinochle:** Mon., Wed. and Thu., 1-4 pm, Center lounge. Come any day—the group is always looking for new players and is willing to bring rusty players up to speed!

**Mah-jong:** Mon. & Fri., 10 am, Center Building, Room 11.

**Chair Kripalu Yoga:** Meets each Wed. through May 9 from 1-2:15 pm in the Center Building, Rm. 16, with instructor Julie Luciani. The \$50 ten-week fee will be pro-rated for anyone interested in registering. The classes include seated exercises and simple standing poses using a chair.

## Chinese New Year Celebration



The Chinese New Year Celebration in February was a part of the Intergenerational Program where Amity High School students and area residents come together for events and activities. The event was such a success that the Center will host a second Chinese New Year celebration on March 2. (See Special Programming on page 5.)

## Lunch Bunch Schedule

Join us for on-going, monthly lunch trips to enjoy a self-paid lunch at area restaurants. We'll begin the 2018 season on Mon., March 19 at Gabriele Italian Ristorante in Orange. Lunch Bunch meets the third Monday of the month.

Home pickup is available to Woodbridge residents. Non-residents may meet at the Center or the restaurant. Transportation from the Woodbridge Center is available for a \$3 fee.

Stay tuned—more Lunch Bunch details to come!



## Cooking Classes at Amity Middle School – Bethany

Courtney Huggins, registered dietician from ShopRite is offering Cooking Classes to students at the Amity Middle School-Bethany from 2:25-4 pm on the

following dates: March 1, April 4 and April 24. Call 203-389-3429 to register. Visit the Town website for additional information. The class fee is \$10 per class or \$25 for all three. Watch local stations for weather related cancellation.

## First Selectman's Youth Award

Do you know a Woodbridge youth who has worked to improve the Town of Woodbridge or has assisted its residents? Nominate a deserving youth by completing a Nomination Form on the Town of Woodbridge website under "Youth Services" or contact Youth Services at 203-389-3429 to obtain a form. Parents cannot nominate their own child. Nominations are due by Mon., March 5.

## Kindness Klub



Students at Amity Middle School in Bethany have a popular new club. Teens can join the after-school group to make a craft to donate to a charity or a humanitarian group. The CT Humane Society received handmade beds and toys for the animals displaced by recent floods in the South.

On Tue., March 13, from 2:30 to 4 pm, personalized, treasure boxes will be decorated and donated to Connecticut foster children. See the Town website or call 203-389-3429 to register your middle schooler at no cost.

# Recreation News

*For more information, call Recreation at 203-389-3446. Registration is available online at [WoodbridgeCT.org](http://WoodbridgeCT.org). Click Recreation Registration at the bottom of the Town website to register and view the lineup of program options.*

## Adult Badminton

**Did you know the Woodbridge Recreations Dept. offers adult badminton?**



Every Wed. night from 7-9 pm in the Beecher South Gym, four courts are available for adult badminton — all skill levels. Adult badminton is open to ages 16 and above. The current session runs until March 21, with the spring session to follow.

Players are encouraged to bring their own rackets. Nets and feathered birdies are supplied by the Recreation Dept. The cost is \$6 for a drop-in game or sign up for a membership (pro-rated memberships available). Your first class is a free trial!

Register at the Recreation Office or on the Town website at [WoodbridgeCT.org](http://WoodbridgeCT.org). For more information or additional details, call the Recreation Office at 203-389-3446.

## Summer Camp CIT & Volunteer Registration Begins

Counselor in Training (CIT) and volunteer registration for summer camp will begin Mon., March 26, for students that were enrolled in summer camp last year. CIT positions are for 9th grade students; volunteer positions are for 10th grade students. Completing CIT does not guarantee a volunteer position.

Registration will open Mon., April 2, for remaining CIT

and volunteer spots. Online registration is not available for these positions; stop by the Recreation Dept. to register. As summer camp runs June 25 to Aug. 3, priority will be given to applicants available all 6 weeks. Week one is mandatory.

The CIT fee is \$510 for Woodbridge residents, and \$610 for non-residents. Call 203-389-3446 with questions.

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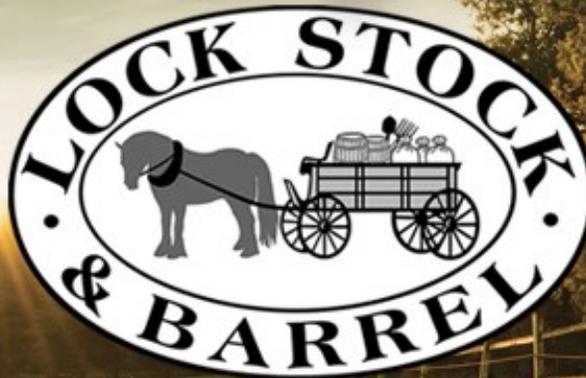
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